

FY2015 CHNA&HIP Progress Report

Washington County Community Health Improvement Plan

GOAL	Strategies	Progress on Strategies
By December 31, 2011, Washington County will demonstrate a collaborative initiative that addresses obesity in Washington County.	Create a taskforce to bring together county citizens and stakeholders.	The task force has reached it's lifespan as coalition members have dropped off.
	Utilize joint planning to create an annual work plan or action plan.	The task force has met and identified one community project for FY13-14. The OPTF is partnering with the "175 Years of Living the Dream" Celebration Committee to sponsor "Health and Fitness Day on June 6, 2014. The Work Plan was reviewed 7/18/13. The Work Plan serves as a guidance document for planning and implementation of task force strategies.
	Pursue grant funding to create and sustain new initiatives.	Conversations about partnering with the YMCA to utilize their 501c3 status to apply for grants to continue promoting obesity prevention work have taken place. Grant monies were received from Hy-Vee from an application submitted in January 2014.
	Commit to utilize interventions that have been "proven to be successful" or "evidence-based".	All strategies that have been implemented have been received through guidance from the CDC or researched & identified in the literature as "evidence-based."
	Use mass media to raise awareness of obesity prevention strategies and to disseminate messages promoting optimal nutrition and the benefits of physical activity.	Kierstan Peck resigned from Media Liaison role and Lori Hobscheidt assumed the role in May 2013. Lori updates the OPTF's Facebook page at least monthly.
	Utilize surveillance and monitoring of Body Mass Index to establish consistent baseline data, assess progress and measure success.	CDC guidance strongly discourages BMI monitoring/surveillance in the school system, unless specific criteria are in place. This strategy was eliminated from the Health Improvement Plan.
	Promote and develop wellness policies to sustain change at the systems and organizational level.	Nutrition, lifestyle, and gardening curriculum changes were implemented in 2 elementary schools. Curriculum changes at Lincoln & Ainsworth Elementary schools are related to nutrition strategies (student-led garden) and curriculum changes at Kalona Elementary are related to physical activity strategies.
	Advocate for environments that support healthier lifestyle choices.	Work Plan activities for 2013 advocated for trails to increase walking/hiking/biking activities.

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By December 31, 2015, at least 4 new initiatives will be implemented to improve the nutrition of Washington County residents.	Create policies to increase access to healthy food choices in local schools and workplaces.	This was not a chosen priority to work on for 2012. We are aware of federal regulations that have changed policies to improve nutrition in the school lunch program.
	Provide educational opportunities on health eating.	Ongoing. Curriculum changes at Lincoln and Ainsworth Elementary schools include weekly nutrition lessons for students. 355 students in the Washington School district and 48 students in the Highland School district received the weekly nutrition lessons.
	Create student led gardens.	Lincoln School garden was built 4-7-13 & Ainsworth School garden was built in phases in May 2013 due to rain. Vegetables from the Lincoln school garden were served in the lunch room during Fall 2013. Conversations and planning meetings took place in April 2014 with HACAP preschool administrator and staff regarding implementing a garden. Garden stakes were obtained, soil was procured for free from our City of Washington partner, and a presentation by Scott Koepke, a local soil consultant, was delivered on May 21st to the HACAP staff and administrator.
	Develop tools and resources for workplaces to implement breast-feeding friendly policies.	This was not a chosen priority to work on for 2013.
	Celebrate workplaces that support breastfeeding.	This was not a chosen priority to work on for 2013.
	Advocate for and support policies that are consistent with the Baby Friendly Hospital Initiative.	This was not a chosen priority to work on for 2013.
	Create policies with local concession stands to provide 'better for you' snack options.	This was not a chosen priority to work on for 2013.
	Establish partnerships with local growers to implement new, school-based initiatives that increase availability of fresh produce at schools.	This was not a chosen priority to work on for 2013.

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By December 31, 2015, at least 3 new initiatives will be implemented to promote daily physical activity for Washington County residents.	Create and implement policies that limit screen time in licensed child care facilities.	This was not a chosen priority for 2013.
	Develop an awareness campaign to educate parents/caretakers about the hazards of inactivity due to screen time.	This was not a chosen priority for 2013.
	Conduct a county-wide "TV Turn-off Challenge" to educate citizens and facilitate changes in personal behavior.	This was not a chosen priority for 2013.
	Create and implement a district-wide policy supporting daily physical education classes in Washington County schools.	This was not a chosen priority for 2013.
	Create partnerships to support the purchase of necessary physical education equipment.	This was not a chosen priority for 2013.
	Increase access to physical activity opportunities in the community.	Planned and implemented Year of the Trail activities. The OPTF participated in KidzFest on May 24, 2013 and promoted The Year of the Trail activities. We also provided the kids with 3 physical activities: Leaping Lizards, Frog Hops, Jaguar Jumps at KidzFest. The OPTF is partnering with the "175 Years of Living the Dream" Celebration Committee to sponsor "Health and Fitness Day on June 6, 2014.
	Develop a central repository of physical activity resources.	This was not a chosen priority for 2013.
	Assess the feasibility of implementing a Safe Routes to School © grant in one Washington County community.	A Safe Routes to School grant was obtained for Kalona Elementary. Activities included Walking Wednesdays in April and May, Bike to School Day on May 7, 2014, and Walk to School Day on October 9, 2013. Conducted a Bike Rodeo at Kalona Elementary on June 1, 2013. There was a community-wide walking event in Kalona on May 5, 2014. Helped coordinate and purchase 4 healthy incentive items for every student.
	Promote Live Healthy Iowa to Washington County Residents.	Organizational lunch promoting LHI for businesses was held at the Washington Library on November 18, 2013. Kalona Elementary School won the K-12 Championship Cup Award for the second year in a row. All three school districts in Washington County participated.

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By December 31, 2011 collaborate with the Washington County Trails Council to implement 2 new strategies to increase the "walkability" and "bikeability" of Washington County.	Assess county trail usage via electronic monitoring equipment.	This was not a chosen strategy for 2013.
	Promote trail connectivity from one community to another.	Work Plan activities for 2013 advocate for trails to increase walking/hiking/biking activities "Year of the Trail".
	Implement a public awareness campaign, featuring free or low cost physical activity using local recreation options.	This was not a chosen strategy for 2013.
	Promote Walk/Bike to Work Week to Washington County residents.	On May 6, 2014, messaging was uploaded to Washington County Public Health's Facebook page promoting National Bike to School Day on May 7th. A radio interview was done with KCI radio station on May 15, 2014 to promote Bike to Work Day and Bike Safety.

GOAL	Strategies	Progress on Strategies
By December 31, 2011, Washington County will demonstrate a collaborative initiative that results in an enhancement of adolescent health.	Create a healthy youth taskforce and bring together interested citizens to improve the coordination of adolescent health resources.	The SAFE coalition is the identified entity that brings stakeholders together on a monthly basis to discuss, strategize and implement programs to address adolescent health issues.
	Assure youth representation on the developed taskforce.	School districts have identified youth to participate in the monthly SAFE coalition meetings.
	Encourage joint planning to create annual taskforce action plans.	Annual work plan created in January 2013 for the calendar year and adopted by the membership of the SAFE coalition.
	Pursue grant funding to create and sustain community-wide initiatives related to adolescent health.	Several grants were reviewed and/or applied for during the year, i.e. tobacco grant, Substance Abuse Prevention Grant.
	Utilize proven programs and practices for successful adolescent health outcomes.	All programs and practices implemented are research-based and/or proven.
	Promote consistent adolescent health prevention messages via local media venues.	Minutes of SAFE Coalition are posted on the Public Health website monthly; local media has covered many of the activities carried out this past year.

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By December 31, 2015, Washington County will adopt four new initiatives that promote protective factors among youth to decrease teen pregnancy and sexually transmitted diseases.	Advocate for and explore the feasibility to implement service learning programs that include volunteer opportunities with time built into the activity for reflection and learning.	Participants from all 3 school districts attend the SAFE Coalition regularly and are always looking for volunteer opportunities to promote with youth. Other community participants have been made aware of the availability of students and highlight various activities that youth could volunteer at.
	Explore the feasibility of establishing mentoring programs.	This strategy was not chosen for implementation in 2013.
	Advocate for the implementation for on-going afterschool activities that are linked with community resources (schools, churches, synagogues, etc.) to engage youth.	Hamakua Place in Washington is a faith-based youth center which holds events on a regular basis and utilizes adult volunteers during after-school hours; Kalona worked at opening a youth center for this same purpose during the past year.
	Provide supervised volunteer community service opportunities/activities for youth	Silver Cord program is utilized in all 3 school districts with rewards and goals for students.
	Implement programs that promote abstinence from substance abuse.	This strategy was not chosen for implementation in 2013.
	Advocate for the implementation of child/parent connectedness educational programs.	This strategy was not chosen for implementation in 2013.
	Advocate for programs designed to improve access and/or provide comprehensive sexuality education.	Through collaboration with Planned Parenthood, the school districts, SAFE Coalition, IDPH, and Washington County Public Health, a plan to supplement current sex education curricula in schools is in place. A pilot project is set to take place in MidPrairie Schools in Fall 2014.
	Develop, implement revise policies to assure teens have received instruction in technically/medically accurate and up to date basic reproductive health (e.g. growth, development and maturation).	This strategy was not chosen for implementation in 2013.
	Advocate for/promote case management services to coordinate the variety of services that pregnant or parenting teens need and work with teen mothers to prevent subsequent pregnancies and encourage school completion.	Parents as Teacher-Educators work closely with the schools to provide education and support for pregnant or parenting teens. Students earn high school credit for time spent working with their Parent Educator.

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By December 31, 2015, at least 4 Washington County educational institutions or child care organizations will develop and implement a bullying prevention policy.	Inventory educational institutions and child care organizations current policies/practices that promote an all-inclusive bullying prevention program.	Ongoing. Oelweus Policy on anti-bullying has been adopted in all 3 school districts.
	Develop tools and resources for educational institutions and child care organizations encouraging bullying prevention strategies.	Ongoing. Guidance counselors at all 3 school districts have been involved in developing tools and resources to implement encouraging prevention.
	Promote and encourage the concept of shared responsibility between parents and schools assuring an environment characterized by firm limits against unacceptable behavior as well as warmth, positive interest and involvement with adults.	Ongoing. With the implementation of the Oelweus Policy at the school district level, school staff have guidelines for setting limits and disciplining students when bullying is observed.
	Engage youth in discussions about solutions to bullying.	Ongoing. Students are assisting with implementation of anti-bullying and awareness strategies. Mid Prairie Middle School advisor has assisted with the creation of a student council focusing on anti-bullying strategies and education.
	Promote training and continuing education in bullying prevention.	Ongoing - school districts now have this on their agenda and continue to identify strategies to promote training and education. The SAFE coalition has been a good venue to share ideas which can be implemented at all 3 districts.

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By December 31, 2015, Washington County adolescents who state that they have made a plan or attempted suicide will decrease by 50%.	Implement programs that build problem solving and conflict resolution skills.	This strategy was not chosen for implementation in 2013.
	Implement programs that promote abstinence from substance abuse.	This strategy was not chosen for implementation in 2013.
	Expand awareness of and enhance resources in Washington County for suicide prevention programs and mental health/substance abuse assessment and treatment.	This strategy was not chosen for implementation in 2013.
	Develop and implement strategies to reduce the stigma associated with mental illness, substance abuse, suicidal behavior and accessing services.	This strategy was not chosen for implementation in 2013.
	Develop and implement effective training programs for community members on how to recognize, respond to and refer people showing signs of suicide risk.	This strategy was not chosen for implementation in 2013.
	Develop and implement programs that restrict the access to highly lethal methods of suicide.	This strategy was not chosen for implementation in 2013.